"The South 40" by JAMES A. SMITH EXTENSION AGENT

Reports from adjacent counties indicate sufficient injury to wheat from Cereal Leaf Beetle to justify spraying. There are only two recommended materials -- Guthion and Malathion. Better check -- spring seeded oats damage can be extensive.

• • •

In recent weeks talking with my counterparts in Mississippi and the eastern part of this state indicates that they have had a wet spring. Much of the cotton in the south either couldn't be planted or failed to germinate. Corn planting, likewise, has been delayed in eastern Virginia.

These growers are turning to Soybeans as the alternate crop. Last Friday November soybean futures were $6.59. Some who are closer to the soybean market than I suggest that with normal weather, beans will sell for less than $6 at harvest time. What some growers are doing is forward pricing by contracts -- $6 plus on a portion of their crop. For example, if normal yield is 30 bushels, they are contracting for 12 to 15 bushels. This will cover out-of-pocket costs and thus avoid a loss.

In this area we do not grow sufficient acreage to sell a contract on the commodity market -- but there is the option at forward pricing through an elevator operator or dealer.

Orderly, effective marketing is a skill that needs to be developed by more farmers.

• • •

Coming up this fall is the Virginia Small Grain Yield Contest. The contest is to be divided into barley and wheat divisions. You may enter both. There must be at least 3 acres and entry made by January 15. Winner of each division receives a trophy and travel expenses to the Virginia crop Improvement Associaton Annual Meeting.

We'll have more informaiton on this in the fall -- hope we can have some entries from this county.

• • •

Management for more profits should be one of many goals a food producer has.

In Appomattox County there is 7 to 9 thousan head of cattle. Each of these cows can support one ewe. At current lamb and wool prices a ewe that raises two 110 lb. lambs and 7 lbs. of wool will return $170. Assuming that there are 8000 cows in the county, we have the potential of increasing agricultural sales $1.3 million. Today there is only one flock of sheep in the county. Opportunity is knocking!

• • •

The Virginia Pork Commission is looking for photos that portray Virginia's 300 year old Pork Industry. Any picture slide, black and white or color, may be entered. Judging is based on visual appeal and quality. Prizes are $75, $50, $25 and five $10 awards. Application forms are available from this office.

• • •

I was pleased to be present one evening last week and see James Bennett, owner of Knoll Crest Farm, receive the Seedstock Producer of the Year Award. This National Award to only one purebred breeder in America is made possible by the Beef Improvement Federation. Congratulations, James Bennett!!

• • •

Central Va. Federation C of C Met Here

The Central Virginia Federation of Chambers of Commerce held a dinner meeting May 24 at the John Mosby Inn Restaurant in Appomattox. Altavista, Amherst, Bedford, Appomattox, Nelson, Brookneal and the Greater Lynchburg Chamber of Commerce were represented at this meeting.

Attending the Appomattox County Chamber of Commerce were Carl Miller, Pete Nealley, Henry Wright, Bruce Cowan and Bill Slagle.

Rubber Bands, Paper Clips, Pencils, Pens, Clipboards, and almost everything else you need for your office can be found at The Times Virginian, Court Street, Front Entrance, Phone 352-8215

ADDING MACHINE AND CACULATOR TAPE ON SALE at the Times Virginian Phone 352-8215

Eating Well

By Mrs. Barbara L. Morlang, R.D., Ph.D.
State Nutrition Consultant
Virginia Department of Health

SHOULD I EAT OR SHOULDN'T I EAT?

Whether you are overweight or underweight, one of the last reasons that you eat is because you are hungry. Some people eat when they are bored, or depressed. Most people eat out of habit, or when they feel some emotion. Few people eat because they are genuinely hungry.

Usually diets that are aimed at curbing hunger are not successful. Most overweight people who go on a diet will stay on the diet for a few days; go off it; feel guilty; and then go off the diet altogether. People who join weight control programs or see a nutritionist or physician once a week have a better change of losing weight. It helps to know there are others with similar problems. It also helps to face someone if you have cheated on your diet. Every day we face a number of choices about food. We eat food in our homes, restaurants, and friends offer us food when we visit them. There are always choices to make. Some people do better on diets that do not offer any choices. If you prefer a diet that lists specific items for breakfast, lunch and dinner, you should contact a nutritionist or dietitian to help you set up such a meal plan.

If you prefer variety and choices, then you should ask the dietitian or nutritionist about the Exchange List and have her explain it to you.

Some weight reduction programs now emphasize the use of relaxation therapy, particularly with those who tend to eat when they feel stress. Many who have tried this find that if they relax instead of eating they can do without food during a stress producing event.

If you have ever planned to go on a diet, you certainly must know that half the battle is starting. The other half is staying on the diet once you have started. It is estimated that some 40 million Americans will try to trim pounds off this year. For you who are on diets, and for those of you who are planning to go on a diet, here are a few pointers.

1) Know what you eat. Carry a sheet of paper and keep notes on everything that you eat and drink for 5 days. You will be amazed. Your food diary will make you aware of both the quantity and quality of what you have eaten.

2) Beware of "fad" diets. Have a physician prescribe a diet for you. Consult a nutritionist or your physician about diets you read about in the newspaper. Just because a diet is printed in a book or a newspaper doesn't mean that it is a good diet for you.

3) Don't blame your problem on one food or a food group. Many people believe that if they go on a diet they can no longer eat "starches", breads and cereals. For a diet to be a "good" diet, it should provide a variety of foods from all four of the food groups. A person who eliminates milk may be eliminating his only source of calcium.

4) Avoid temptation. Clean out your cupboards. In other words don't have snack foods around the house. Recognize the fact that you are overweight because you are taking in more calories than your body burns up. Get the rest of the family to cooperate. The "thin" folks can have their "sweets" when they are away from the house.

5) Lose weight slowly. One to two pounds a week is a good weight loss. You have to cut down 3,500 calories in order to lose one pound. It took time to put the weight on, and it will take time to take the weight off. Smile, you can do it.

Remember, there are forty million Americans going through the same ordeal, and your loss is your gain.

VA Questions & Answers

Editor's Note: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q – What do I have to do to get my service-connected disability increased?

A – Normally a veteran can reopen his claim for an increase in his service-connected disability by submitting current medical evidence showing his particular condition has worsened.

Q – I have had a permanent plan WWII National Service Life Insurance policy. My insurance needs have changed so that I no longer require as much coverage. Is a reduced amount available on which premium payments would no longer be required?

A – Yes. If you had a permanent plan and your policy is not lapsed, you may use the net cash value to buy a reduced amount of paid-up insurance which will continue in force during your lifetime (or to the end of the endowment period) without further premium payments. The cash value of this paid-up insurance continues to increase. Also, you may surrender the paid-up insurance for its cash value or obtain a loan on it at any time.

Q – Why was my pension check reduced?

A – Since the amount of a nonservice-connected VA pension is determined by a veteran's income, it is possible that VA pension may be reduced anytime income is increased. These adjustments to pensions usually occur at the beginning of each year.

S.S. Annual Meeting July 20

The local Southern States Cooperative annual membership meeting for the Appomattox area will be held July 20, 1978.

This decision was made by local farmer-members at a recent annual meeting conference held by Coleman & Sons, Inc.

Among the features of this year's session will be reports on operations of both Southern States Cooperative and the local agency for the fiscal year ended June 30. The Southern States report will also emphasize the importance of cooperatives as a key to the economic security of the family farm.

In addition there will be elections, or reports on elections and other business matters.

Attending the planning session were Ronald and Dan Coleman, manager of Coleman & Sons, Inc., and S. Maxey Slater, a member of the Southern States Cooperative's regional headquarters staff at Richmond.

Also at the session were the following members of the local board and Farm Home Advisory Committee: John P. Alvis, Jr., Calvin Harris, F. C. Harris, Jr., W. E. Bondurant, H. W. Coleman, Mrs. A. B. Hunter, Mrs. Cliff Plunkett, Mrs. O. B. Garriss, and Mrs. J. A. Martin.

SUNDAY SCHOOL 10:00 A.M.
MORNING WORSHIP 11:00 A.M
YOUTH RALLY 6:45 P.M.
EVENING WORSHIP 7:30 P.M.
PRAYER MEETING 7:30 P.M.

PURITAN PULPIT 9:00 A.M. DAILY
"IF YOU LIKE BIBLE PREACHING, YOU WILL LOVE IT HERE."
BIBLE BAPTIST CHURCH
APPOMATTOX, VA.

AUCTION
To settle the Estate of the late Mackey J. Grishaw, we are offering the following Valuable Real Estate at PUBLIC AUCTION.
SATURDAY, JUNE 3 - AT 11 A.M.
LOCATION: Approximately one block from Appomattox, Va. City Limits at the end of W. Lee Grant Ave., Rt. 691 on right - WATCH FOR AUCTION SIGNS.
LOT - Fronting 75 feet on Route 691, depth looking from front to back on right 297 Ft., on left 247 ft.
HOUSE - 3 room frame house, carport - Some outbuildings, city water - Also has own water well which is being used at present.
THIS PROPERTY IS WELL LOCATED ALMOST IN TOWN - COME LOOK IT OVER AND MAKE PLANS TO ATTEND THIS VALUABLE SALE.
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HONORED FOR SERVICE WITH CONCORD SCHOOL SYSTEM

Eddie Gunter, Jr., President of the Concord Elementary P-TA is shown with Mrs. Elizabeth Reynolds, left and Mrs. Sara Cross, on the right. With a combined total of 42 years of service in the Concord School, Mrs. Reynolds and Mrs. Cross were honored at the May meeting of the P-TA with lifetime membership in the organization.

Mrs. Cross began her career as Secretary of Concord School (Elementary and High School combined at that time) in 1948; she worked with a total of ten different principals. She also served as librarian of Concord School for a short period of time.

Mrs. Cross who retired in 1976 is a member of Bethlehem United Methodist Church.

Mrs. Reynolds, with a B.S. degree in the field of education from Longwood College has a total of 20 years of teaching to her credit; four years in the Appomattox County Schools and sixteen in the County of Campbell.

She is also a member of Bethlehem United Methodist Church where she has served as Assistant Superintendent, teacher of kindergarten and adult classes and at present is co-teacher of an adult class. She is a member of United Methodist Women and has held the office of Secretary, Vice-President and President of that organization. She is a charter member of Pilot Home Demonstration Club.

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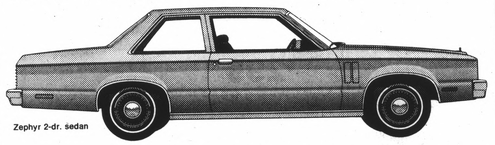
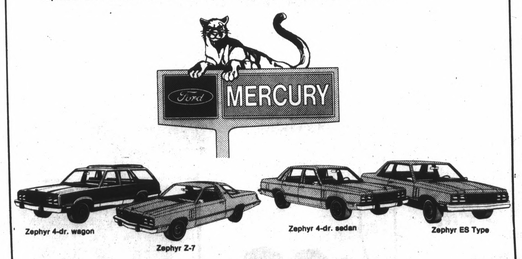


Zephyr 2-dr. sedan

$3819* *Manufacturer's suggested retail price. Destination charges, title, taxes extra.

Compare our import fighter to any of these imports: Datsun 510 2-door sedan, Toyota Corona 2-door sedan, Honda Accord hatchback, and VW Rabbit hatchback. Compare Zephyr on passenger room, luggage space and base sticker price. We think you'll buy Zephyr!



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Zephyr Z-7
Zephyr 4-dr. sedan
Zephyr ES Type

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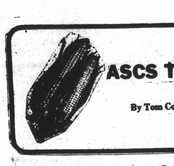

ASCS Today

By Tom Conrad

Reporting Planted Acreages - Last year ASCS asked all farmers in the county to stop by the office to report planted and land use acreages. Farmers are asked to do the same this year. June 30 is the final certification date for corn, barley, wheat, rye, oats, set aside land and for burley, fire and sun tobaccos. July 30 is the final date for reporting acreages of soybeans and sorghum. When you have completed your plantings, please come to the county office and file your acreage report.

Fire and Sun Cured Tobacco Leasing - The final date for leasing fire and sun tobacco for the 1978 crop year is this Thursday, June 1. Checking our records we find that there are some farmers who have not yet completed these leasing agreements. We have sent these farmers a notice informing them of the need to complete the lease. If you received a notice from us please stop by the office by June 1.

Target Price for Wheat Is Increased - Wheat producers will be interested in knowing that the target price for the 1978 wheat crop is increased to $3.40 per bushel. Under the provision of the Food and Agricultural Act of 1977, the wheat target was $3.05 if the 1978 crop was 1.8 billion, or less or $3.00 if over 1.8 billion bushels. There is no such qualification on the new $3.40 target price. If the marketing price of wheat over the five month marketing period does not equal the target price, then wheat producers that are signed up in the set aside program are eligible to receive deficiency payments.

Set Aside Signup Progress - Participation to date shows Appomattox County having 33.8 percent of NCA farms signed. NCA farms are those farms that have Normal Crop Acreages established based on certified 1977 year plantings. The 33.8 percent represents 165 farms out of a possible 488 farms. This figure is above the state figure of 26.2 per cent, but is far from the goal set by this office.

The signed up farms intend to plant 565.2 acres of wheat and 2192.7 acres of feed grains for a total of 2757.9 acres. The feed grain total includes 232.9 acres of barley and 1959.8 acres of corn. Cropland designated as set-aside by the signed farms totals 337.7 acres, including 118.4 acres under the wheat program and 219.3 acres under the feed grian program.-

Additional acreage to be divated by the participating farms includes 93.6 acres under the feed grian program. The farm plan to graze or cut for hay 7.9 acres of wheat.

On the national level as of May 11 there were 956, 311 farms enrolled in the 1978 feed grain and wheat programs. The signed farms represent 41.8 percent of the 2,289,446 eligible. They hav 61.4 percent (167,185,585 acres) of the nation's total eligible normal crop acreage (272,333,950 acres).

The signed up farms intend to plant 41,801,228 acres of wheat and 55,966,649 acres of feed grains for a total of 97,767,877 acres. The feed grain total includes 6,735,957 acres of barley, 39,428,548 acres of corn and 9,802,144 acres of sorghum. Cropland designated as set-aside by the signed farms totals 13,956,909 acres, including 8,360,245 acres under the wheat program and 5,596,664 acres under the feed grain program.

Additional acreage to be diverted by the participating farms includes 418,944 acres under the cotton program and 4,098,432 acres under the feed grain program. The farms plan to graze or cut for hay 940,399 acres of wheat.

Participation in the set-aside program is voluntary. However non-participants are not eligible for price support loans, (disaster payments or deficiency (target price) payments. While farmers need to sign up and comply with set-aside provisions to be eligible for program benefits, they will not be held to the intentions they provide ASCS during the signup period. Final figures will be available after farmers have "certified" their acreage later in the year. Signup began March 1 and ended May 31.

PTA Life Membership Presented At APS

On May 18, 1978, Mrs. Dollye Forest was presented a PTA Life Membership for her service to the educational needs of Appomattox County boys and girls. Mrs. Forest has been teaching in our county since 1963. She is married to Thomas Forest, Jr. Mrs. Forest received her Collegiate Professional Degree from Virginia State College.

PTA Life Memberships provide scholarships for college students wishing to train for education and teaching. Congratulations to Mrs. Dollye Forest, the seventeenth recipient from APS staff to receive this award.

Long Island Ruritan Club Floating Fun Day on the Scenic Staunton River

Floating Fun Day on the Scenic Staunton River is being sponsored on June 17 by the Long Island Ruritan Club. For a donation of $2.00 per entrant, the trip will start at the club building at Long Island and end at Brookneal Boat Landing where free transportation for the floatists and their floats will be provided back to the starting point. (Transportation from the half-way point concession stand back to Long Island will be available in case of emergency.) This 10½ mile stretch of water, Class 1-3, is an enjoyable trip for amateurs as well as experts.

Floatists may go in canoes, boats, inner tubes, rafts or anything that will float. Everyone will be required to have a life preserver. Children must be accompanied by a parent or an adult. Floatists may leave Long Island anytime after 7 a.m. and up to the time the judge feels is adequate to make a safe trip. Those who do not wish to float down river to Brookneal can take a trip around Long Island. This is about 5½ miles with 2½ miles up-stream. The same rules apply to this trip.

All floatists will receive a chance on a canoe life preserver which will be given away at 6 p.m. You do not have to be present to win.

Breaskfast will be served at the Ruritan building beginning at 6 a.m. Concession stands will be set up at the Ruritan building and half-way down the river, selling hamburgers and soft drinks throughout the day.

Saturday night the Long Island Band will do a little "pickin and grinnin." Everyone is invited free of charge.

Last year's Fun Day was a tremendous success with 87 participants using anything that would float. Starting at Long Island, after eating a hearty breakfast served by the Ruritan Club, everyone had a grand time floating down to Brookneal -- in fact, several had such a good time that they came back and floated again.

For further information contact Jack Poindexter, Long Island, VA.

VA Questions And Answers

Editors Note: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q – I still have my mother listed as beneficiary on my World War II NSLI policy. In my will I have designated my wife as principal beneficiary and our children as contingent beneficiaries. Is this enough to allow my heirs to receive the insurance proceeds?

A – Wills cannot change beneficiaries named on VA life insurance policies. To change beneficiary designations, fill out VA Form 29 - 336 and return it to the VA insurance center where your records are located. The form is available at any VA office. If the office is not convenient to you, write to the office where your insurance records are located, clearly stating your beneficiary designation and specifying the optional settlement of your choice.

Q – What is considered wartime service during World War II for pension benefits?

A – December 7, 1941, through December 31, 1946.

Q – What is the current rate of interest of the VA guaranteed loan?

A – The current interest rate is eight-and-three-quarters per cent.

Cheerleaders Camp In Virginia

There are still places remaining at the Nation-Wide Cheerleaders Association sponsored daily by VA counselors. Full information is available at any VA office.

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Give a farmer a hand.

Late in June, a lot of lucky farmers will win a Fidelity American banker as a free farm hand for ten full hours. As prizes in Fidelity's "Give a Farmer a Hand" contest, the bankers will be doing anything you want...planting, feeding stock, milking, plowing, and learning a little more about farming.

But the main purpose of the contest is to call attention to one of the greatest assets in our country: the farmers. Any working farmer in the area can enter. Just stop by Fidelity American, fill out an entry blank, and deposit it in the special container in the lobby. A random drawing will be held this June. If you win, we supply you with a hard-working farm hand for a day – and you supply the hand with breakfast and lunch.

(By the way, our bankers want us to warn you that the harder you work them, the more they eat!)

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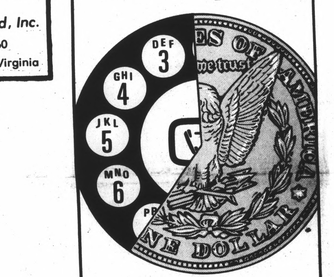

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